



Madison Regional Community Center

550 North Dupont Avenue, Madison, TN 37115 615-862-8459

	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Winter 2019/2020 Program Schedule <u>Facility Coordinator</u> Anita Gregory-Smith <u>Program Coordinator</u> Christopher White <u>Recreation Leaders</u> Ashley Chatman Tyjuan Card Diego Martinez-Murillo Enyssa Bryson Corvon Booker Christian Williams Tony McCrady 	Adult Open Gym 6:00am-2:00pm After School Program 3:00pm-6:00pm Teen Open Gym 2:00pm-5:00pm <u>Praise Dance</u> (Age 6-14) 5:00pm-6:00pm w/ Enyssa Girl Scouts Daisy (ages 5 & 6) 5:00pm-6:00pm w/ Ms. Brenda Boy Scouts (ages 10 & Up) 5:00pm-6:00pm w/ Corvon <u>Basketball Practice</u> 6:00pm-7:00pm w/ Ashley Beginner Boot Camp (1/2 Gym) w/ Diego 6:30pm-7:30pm Zumba (\$3) (Dance Studio) w/ Ms. Queen 7:00pm-8:00pm Adult Open Gym (1/2 Gym) 6pm-8:15pm	Adult Open Gym 6:00am-2:00pm After School Program 3:00pm-6:00pm Badminton 9:00am-12:00pm (1/2 Gym) Teen Open Gym 2:00pm-6:00pm Girl Scouts (ages 7-8) Brownies 5:00-6:00pm every 1 st & 3 rd week <u>Cheerleading Practice</u> w/ Enyssa 5pm-6:30pm <u>Basketball Practice</u> w/ Christian 5:30pm-6:30pm Step Team (Grades 4 th -8 th) 6:00pm-7:30pm w/ Mrs. Anita Boot Camp (\$3) (1/2 Gym) w/ Ann 6:15pm-7:15pm Line Dancing (Dance Studio) w/ Enyssa 7:00pm-8:00pm Adult Open Gym (1/2 Gym) 6:30pm-8:15pm	Adult Open Gym 6:00am-2:00pm After School Program 3:00pm-6:00pm Badminton 9:00am-12:00pm (1/2 Gym) Teen Open Gym 2:00pm-6:00pm <u>Praise Dance</u> (Ages 6-14) w/ Enyssa 5:00pm-6:00pm <u>Rec Kids</u> All Ages 5:00pm-6:00pm every 2 nd & 4 th week <u>Basketball Practice</u> w/ Corvon 5:30pm-6:30pm <u>Basketball Practice</u> w/ Ashley 5:30pm-6:30pm Zumba FIT w/ Ashley (\$3) 7pm-8pm <u>Hip Hop Team</u> w/ Ms. Queen 7:15pm-8:15pm Adult Basketball (Gymnasium) 6:30pm-8:15pm	Adult Open Gym 6:00am-2:00pm After School Program 3:00pm-6:00pm Badminton 9:00am-12:00pm (1/2 Gym) Teen Open Gym 2:00pm-5:30pm <u>Youth Computer Skills</u> (Middle School) 4:15pm-5:00pm Teaching Kitchen 5:30pm-6:30pm (every 2 nd & 4 th week) <u>Basketball Practice</u> w/ Corvon 5:30pm-6:30pm <u>Basketball Practice</u> w/ Christian 5:30pm-6:30pm Step Team (Grades 4 th -8 th) 6:00pm-7:30pm w/ Mrs. Anita Boot Camp (\$3) w/ Ann 6:15pm-7:15pm Zumba (\$3) (Dance Studio) w/ Ms. Queen 7:00pm-8:00pm Adult Open Gym (1/2 Gym) 6:30pm-8:15pm	Adult Open Gym 6:00am-2:00pm After School Program 3:00pm-6:00pm Teen Open Gym 2:00pm-6:00pm <u>Girl Scouts</u> (ages 6-14) Juniors w/ Ms. Miller 5:00pm-6:00pm <u>Cheerleading Practice</u> w/ Enyssa 5pm-6:30pm Adult Open Gym (Gymnasium) 6pm-7:15pm  @ "Madison Community Center Nashville" www.nashville.gov	Jr Grizzlie League starts January 2020-March 2020 8am-12p Membership Fees: <u>Daily Pass</u> Adult \$3.00 Discounted Rate \$1.50 <u>10 Visit Gym Pass</u> Adult \$20.00 Discounted Rate \$10.00 (fitness classes NOT included) <u>Monthly Pass</u> Adult \$30.00 Discounted Rate \$20.00 (fitness classes NOT included) <u>Drop-in Class</u> \$3.00 <u>10 Pass Class Card</u> \$30.00 Discount Applies to: Teens 13-17, Seniors 62 and up, Metro Employees, Military Personnel, Disabled, and College Students *Must Present Valid ID

Grizzlie Basketball League starts January 2020

*Youth basketball practice see coaches for more information

Adult Open Gym- welcomes ages 18 and up to participate in a variety of activities that take place in the gym.

Boot Camp- mixes traditional calisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little but further than they would normally push themselves in the gym.

Family Open Gym- time for adults and their children to come together and play in the gym.

Line Dancing- a form of dance in which dancers line up in a row and follow a choreographed pattern of steps to music.

Walk With Ease- low impact walking, helps to improve strength, stability, flexibility, and injury prevention.

Summer Enrichment Program- children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications were submitted.

Teen Open Gym- time allotted for teens ages 15 to 17 to occupy the gym, where they can play basketball, badminton, or other fun

Tot Time – children ages 1-4 will participate in sing-a-longs, be read to out loud, do arts & crafts and have motor skill development based activities under parents supervision.

Zumba- an aerobic fitness program that combines Latin and international music with dance moves.

The Mission of Metro Board of Parks and Recreation

To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

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